



# Nancy's Nourishing Kitchen

## Virgin Sangria

### Ingredients:

2 cups boiling water  
2 black tea bags  
2 cinnamon sticks  
1/4 cup raw honey  
3 cups pomegranate juice  
1 cup freshly squeezed orange juice  
1 orange, sliced into thin rounds  
1 lemon, sliced into thin rounds  
1 lime, sliced into thin rounds  
1 apple, cored and cut into 1/2 inch chunks  
3 cups seltzer water

### Directions:

- Pour boiling water over tea bags and cinnamon sticks and steep for 5 minutes.
- Discard tea bags, stir in honey and stir until honey is incorporated, then cool.
- In a large jar or pitcher, combine tea, cinnamon sticks, juice and fruit. Refrigerate for at least one hour and or overnight.
- Just before serving, stir in seltzer water.